

Fine Fettle - Health & Wellness Tips

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What is the Healthiest Indian Food to order

1. Fermented and Steamed Food (Idlis, dosa...)
2. Prefer Roti or Chapathi Over Naan
3. Chana Masala
4. Low-Fat Yogurt
5. Aloo Gobi
6. Lentils (Dal Makhani or Dal Tadka....)
7. Choose tandoori over fried
8. Go for more vegetables



BEST DRINKS FOR YOUR KIDNEY

- * Water
- * Beetroot Juice
- * Green tea
- * Parsley drink
- * Grape juice
- * Apple juice
- * Lemon water



Foods That Prevent Hair Fall

- | | |
|-----------------------------------|--------------------|
| 1. Carrots | 10. Sweet Potatoes |
| 2. Eggs | 11. Curry Leaves |
| 3. Oats | 12. Amla Juice |
| 4. Walnuts | 13. Guava |
| 5. Almonds | 14. Flaxseeds |
| 6. Spinach | |
| 7. Lentils | |
| 8. Lean Protein Rich Foods | |
| 9. Foods Fortified With Vitamin D | |



Every one of us should have a responsibility towards our health and wellness if we want to live life at our best capabilities. But for that, we need to have the right knowledge to help us realize what can facilitate us to achieve that. One should take into account the choices that we make every day and see if they are positively or negatively impacting our goal. To help you achieve your health and wellness goals, **Fine Fettle** has you covered with a variety of tips and useful articles under different genres.

When we look at health factors, we can see that many facets come under this term includes both our body and mind. Both cannot be looked at separately when we are trying to achieve a wholesome and vibrant life. Therefore, Fine Fettle takes into account the wellness of both. In our health and wellness blog, we make sure that our tips and methods to living a healthy life include advantages for both factors.

Fine Fettle also provides you with the best tips on fitness and the benefits of incorporating physical activity into your life. Your daily routine does not have to necessarily include weight lifting and several hours of workouts. Our fitness tips help you to bring in simple ways of training your body without having to follow demanding workout regimes. Simple daily methods are provided to start your journey towards your fitness goals.

A fitness plan cannot be complete without proper food included in your daily life. If you want to make your body and mind fit and vigilant, then food that is consumed can't be left out. In Fine Fettle, there is an enormous amount of guiding information to tell you the best foods for different needs of the body and mind, which promotes health and wellness.

Fine Fettle looks at health as a factor that is dependent on all aspects of your daily life. Thus, lifestyle is also a huge part of healthy living. We might be oblivious to the harmful activities that might have become a habit that we do every day. In our health and wellness blog, we have highly effective tips that can help modify and correct unhealthy habits without being a huge burden when you try to make changes.

You might have difficulty associating healthy eating with eating tasty food. However, that can be solved with the recipes available in Fine Fettle. Without much effort, you can prepare healthy dishes every day that also don't fail to impress your taste palate. All the recipes are filled with delicious flavor and nutrition at the same time. It is simple and made of locally available ingredients that you can find easily. This makes it way easier to start trying out the dishes and welcoming healthy eating into your life.

When we work towards the betterment of our body and mind, it is going to lead to the betterment of others. At [Fine Fettle](#), we ensure that we get you covered with all that is needed to help you live a healthy, happy life.